

November 22, 2004

### **District Health Schedules More Influenza Vaccination Clinics**

South Central District Health is scheduling additional influenza vaccination clinics in each of its offices beginning the week of November 29. Each office has a limited supply of adult vaccine that will be given by appointment only. Pediatric vaccinations have also arrived, so appointments can be made for 6 to 23 month old infants. In addition, 2 to 18 years olds who meet the high risk guidelines (chronic illness or those who live with children under 6 months of age) may also receive a vaccination at this time.

District Health has already received and distributed 6,000 doses of vaccine to people at high risk of complications from the flu. The additional vaccine is part of a nationwide redistribution of vaccine by the Centers for Disease Control (CDC) and Aventis Pasteur, a flu vaccine manufacturer, to equalize the amount of vaccine sent to each state. Some of the additional vaccine also includes local redistribution of vaccine from Minidoka Memorial Hospital and Cassia Regional Medical Center.

District Health is still following current CDC guidelines for those eligible to receive influenza vaccine and encouraging those individuals who have health conditions that make them vulnerable for serious complications from influenza to be vaccinated. Individuals most at-risk include people age 65 and over; people in long-term care facilities; those with chronic long-term health problems including chronic lung disease (COPD, asthma, emphysema, etc.), congestive heart failure or congenital heart disease, diabetes or kidney dysfunction, sickle cell disease, or HIV; women who will be at least three months pregnant during influenza season; and bedside health care providers. CDC also recommends that children between the ages of 6 months and 23 months receive an influenza vaccination. The first time children receive influenza vaccine they need two shots, given one month apart, to develop full immunity. The second shot may not always be available because of the vaccine shortage, but children who receive an initial dose should experience some immunity from the flu.

Influenza viruses are spread from person-to-person primarily through the coughing and sneezing of infected persons. Influenza is characterized by the abrupt onset of fever, headache, severe discomfort, muscle tenderness or pain, nonproductive cough, sore throat, and a very runny nose.

The peak influenza season in south central Idaho is late December through early March. Adults develop antibody protection against influenza infection about seven days after vaccination.

District Health reminds people that it is especially important to follow preventive measures to protect themselves from getting influenza or spreading it to others.

Preventive measures include:

- Use proper hand washing techniques, especially before eating or after being out in the public;
- Stay home from work or school if you are sick;
- Cover your mouth if you are sniffing, sneezing, or coughing;
- Do not share eating utensils, drinking glasses, towels, or other personal items;
- Refrain from visiting nursing homes or anyplace where someone with a chronic illness resides if you have flu-like symptoms;
- Avoid people who may be sneezing or coughing. After visiting public places, avoid touching your eyes, nose, or mouth until you have washed your hands; and
- Get plenty of rest, exercise, and eat healthy.

**-MORE-**

### INFLUENZA VACCINATION CLINICS

<b>CITY</b>	<b>DATE / TIME</b>	<b>PLACE</b>	<b>CONTACT</b>
<b>Bellevue</b>	<b>Thursday, Dec. 2</b> 9 a.m. - 2 p.m. <i>Call for an appointment</i>	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
<b>Burley</b>	<b>Thursday, Dec. 2</b> 8:30 - 11 a.m. & 1 - 4 p.m. <i>Call for an appointment</i>	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
<b>Fairfield</b>	<b>Tuesday, Dec. 21</b> 10 a.m. - Noon <i>Call for an appointment</i>	Camas Medical Clinic	Gooding SCDH Office 934-4477
<b>Gooding</b>	<b>Tuesday, Nov. 30</b> 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office 145 7 <sup>th</sup> Avenue E.	Gooding SCDH Office 934-4477
<b>Jerome</b>	<b>Thursday, Dec. 2</b> 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
<b>Rupert</b>	<b>Tuesday, Nov. 30</b> 8:30 - 11 a.m. <b>Monday, Dec. 6</b> 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office 1218 9 <sup>th</sup> St., Ste. 15	Rupert SCDH Office 436-7185
<b>Shoshone</b>	<b>Thursday, Dec. 2</b> 8:30 - 11 a.m. <i>Call for an appointment</i>	District Health Office Christ Episcopal Church 104 West B St.	Gooding SCDH Office 934-4477
<b>Twin Falls</b>	<b>Tuesday, Nov. 30</b> 8:30 a.m. - Noon & 1 - 3:30 p.m. <b>Friday, Dec. 3</b> 8:30 a.m. - Noon <i>Call for an appointment</i>	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 734-5900

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